

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03052, Babyfood, dinner, beef stew, toddler

Report Date:October 27, 2015 06:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	86.90	--	0.600	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Energy	kcal	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Energy	kJ	213	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Protein	g	5.10	--	0.500	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Total lipid (fat)	g	1.20	--	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Ash	g	1.40	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Carbohydrate, by difference	g	5.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Fiber, total dietary	g	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Sugars, total	g	1.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Minerals													
Calcium, Ca	mg	9	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.72	--	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phosphorus, P	mg	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	106	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	05/2010
Zinc, Zn	mg	0.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Selenium, Se	µg	4.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	3.0	--	0.200	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	0.014	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.065	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	1.313	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Vitamin B-6	mg	0.074	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	16.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta	µg	816	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	346	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	1649	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	2575	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

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Lutein + zeaxanthin	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lipids													
Fatty acids, total saturated	g	0.580	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.030	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
16:0	g	0.280	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
18:0	g	0.220	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Fatty acids, total monounsaturated	g	0.440	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
16:1 undifferentiated	g	0.030	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
18:1 undifferentiated	g	0.400	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
18:2 undifferentiated	g	0.090	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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18:3 undifferentiated	g	0.010	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	13	--	0.840	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Amino Acids													
Tryptophan	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Leucine	g	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	0.394	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Tyrosine	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Aspartic acid	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	0.823	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.321	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617